

July / August
2015

The Smith Sentinel



**GREENSBORO
PARKS AND
RECREATION**

All programs are open to Guilford County residents ages 55 and better and are located at Smith Senior Center unless noted.

**Mabel D. Smith
Senior Center
336.373.7564**

**2401 Fairview St.
Greensboro, NC
27405**

**www.greensboro-
nc.gov/Seniors**

**www.facebook.
com/
smithseniorcenter**

Hours:

**Mon - Thurs
8 am - 8 pm**

**Friday
9 am - 8 pm**

**Saturday
9 am - 12 noon**

**SMITH SENIOR
CENTER WILL BE
CLOSED:**

**July 3 & 4
for
Independence
Day**

Sizzlin' Summer Fun

July Activities

4th of July Cookout — July 1, 12 pm, \$5.

Celebrate the 4th with grilled hot dogs, all the fixings, and homemade ice cream outside (weather permitting).

'Spite & Malice' Card Game — Each Thursday, 10 am, Free. Learn how to play this fun card game each Thursday in the lounge.

Healthrhythms Group Drumming Classes — July 8 & 22, 10 am*, Free. Led by music therapist, Jane Maydian, you'll reduce stress and increase immunity while having fun. All musical abilities are welcome. *New time

Nutrition Seminar — July 9, 10 am, Free. Nutritionist Janet Mayer will help you get past all of the health food jargon to find out what foods are actually good for you.

White House Conference on Aging "Watch Party" — July 13, 1-4 pm, Free. Once every decade the White House holds a Conference on Aging to advance actions to improve the quality of life of older adults. Join us for refreshments and view the conference live on the big screen via the internet.

Hearing Seminar — July 14, 10 am, Free. Janice White with Hearing Solutions will talk about different alerting devices and other amplified telephone options.

Genealogy Class — July 15, 10 am, Free. Martha Stanley will share tips and tricks to help you start researching your family tree.

Peach Ice Cream Day — July 17, 2 pm, Free. Join us for a peachy keen day! In celebration of the short peach season, we will make homemade peach ice cream.

Lunch Bunch — July 21, 12 pm, \$36.

We will meet at the Barn Dinner Theatre for their lunch buffet and to see the musical, "Legends Musical Revue." A van will leave Smith Senior Center at 12 pm, or you can meet us there. Please register and pay in person at the front desk by July 7.

Healthy Practices for Caregiver Wellness — July 23, 10:15 am - 12 noon. Presented by the Adult Center for Enrichment, a registered dietician will discuss proper nutrition for caregivers. Chair Yoga will be offered to renew the mind and body. Call 274-3559 to register.

Coffee Filter Wreath Class — July 23, 1-3 pm. \$15. Learn how to make a unique summer wreath out of coffee filters. Space is limited. Please register and pay in person by July 17.

July continued. . . .

Computer Seminar — July 30, 10 am, Free.

Bill Barrett, computer tech and Microsoft Certified Partner, will begin at the Start key and take you through the Control Panel of your computer. Bring your thumb drive to take home any needed programs.

Lasagna Day Lunch — July 31, 12 pm, \$5.

We will celebrate National Lasagna Day with a delicious lunch of lasagna, salad and bread. Registration is required. Space is limited. Please register and pay in person by July 24.

August Activities

Birthday Potluck Lunch & Bingo — August 4, 11:30 am. Everyone is invited to celebrate those with July & August birthdays. Bring a covered dish and one bingo prize to play after lunch.

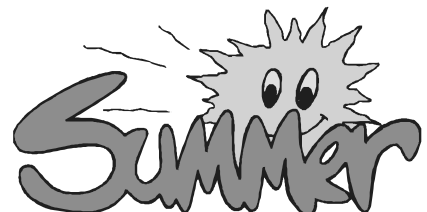
Greensboro Grasshoppers Game — August 7, 6 pm, \$5. A van will leave Smith Senior Center at 6 pm, or you can meet us there. Please register and pay in person at the front desk by July 31.

Healthrhythms Group Drumming Classes — August 12 & 26, 10 am*, Free. Led by music therapist, Jane Maydian, you'll reduce stress and increase immunity while having fun. All musical abilities are welcome. *New time

Tips to Buy/Sell Your Home — August 13, 12 noon, Free. Presented by Warmath Realty, if you're in the market to buy or sell your home but don't know where to start, get "hot" tips to get you started. Lunch is provided. Registration is required. Register in person at the front desk.

Lunch Bunch — August 18, 11:30 am. We will meet Mythos Grill on Market Street. A van will leave Smith Senior Center at 11:15 am, or you can meet us there. Please call 373-7564 to register and ride the van.

Lunch & Movie Outing — August 21, 11:30 am. We will eat lunch at Harper's and see a matinee movie at Friendly Center. You will need money for lunch and movie. A van will leave Smith Senior Center at 11:15 am, or you can meet us there. Call 373-7564 to register and ride the van.



FITNESS

Fitness Room Membership | Fees: \$10 per month; \$30 for 3 months; \$100 for 12 months

Membership includes Orientation, Personal Training, and Fitness Testing by certified staff.

Fitness Room Hours Monday - Thursday 8 am - 7:45 pm | Friday 9 am - 7:45 pm
Saturday 9 - 11:45 am

Pickleball **Inside** — Mondays: 10 am - 12 noon (Ages 55+)
Outside — Mon. - Sat. during operating hours

Basketball Open Play — Wednesdays: 10 am - 12 noon

Table Tennis Wednesdays: 10 am - 12 noon (Ages 55+) | Fridays: 5:00 - 7:45 pm (Ages 18+)

Bocce, Horseshoes, Shuffleboard and Cornhole Fridays: 10 am - 12 noon (Ages 55+)

Gym Walking The gym is available for walking laps during operating hours, except during classes and other scheduled programs. 19 laps = 1 mile

AQUATICS

Senior Swim | \$30 for 30-visit pass | Ages 55+

Monday, 2 - 4 pm | Open swim

Tuesday, 9:45 - 10:45 am | Lap swimming in deep end, side to side. Shallow end is open.

Tuesday, 2 - 4 pm | Lap swimming in deep end, side to side. Shallow end is open.

Wednesday, 2 - 4 pm | Open swim

Thursday, 9:45 - 10:45 am | Lap swimming only, full length of pool.

Thursday, 2 - 4 pm | Lap swimming in deep end, side to side. Shallow end is open.

Friday, 11:30 am - 12:30 pm | Lap swimming only, full length of pool.

Water Aerobics Classes — Vivian Sloan, Instructor | Ages 55+

Shallow End | Monday & Wednesday | 8:15 - 9:15 am | August 24 - October 28 | \$95

Arthritis Foundation Aqua Program | Mon, Wed & Fri | 10 - 11 am | August 24 - October 30 | \$145

Evening Splash | Monday & Wednesday | 4:30 - 5:30 pm | August 24 - October 28 | \$95

Shallow End | Tuesday & Thursday | 8:15 - 9:15 am | August 25 - October 29 | \$100

Shallow End | Tuesday & Thursday | 11 am - 12 noon | August 25 - October 29 | \$100

Water Fitness Class — Cathy McClellan, Instructor | Ages 18+

These classes are for beginners to advanced fitness levels. Ability to swim is not a requirement. Spice up your water routine with noodles and weights, deep water (optional), circuit training and more.

August 11 - October 1 | Tuesdays & Thursdays | 5:45 - 6:30 pm | \$80

CLASSES

Beginner Zumba! — Janet Pollock, Instructor | Ages 18+

Mondays | 5:45 - 6:30 pm | FREE

Try this easier, gentler version of Zumba! for beginners or to add variety to your workout routine.

Living Healthy with a Chronic Condition | Ages 55+

Tuesdays | 1 - 3:30 pm | July 21 - September 1 | FREE

This chronic disease self-management program is designed to empower the patient to take control of their chronic condition rather than allowing the condition to control them. Please register at the front desk.

Line Dancing — Mike Summers, Instructor | Ages 18+

Tuesdays | 6:15 - 7:45 pm | \$6 per class

Learn basic steps and techniques through verbal cues and demonstrations.

Chair Yoga — Ellen Ammirato, Instructor | Ages 55+

Tuesdays | 11:30 am - 12:15 pm | FREE

Fridays | 9:15 - 10 am | FREE

Try this gentle form of yoga that is practiced either sitting in a chair or on a mat on the floor.

Yoga on the Mat — Ellen Ammirato, Instructor | Ages 55+

Fridays | 10:30 - 11:15 pm | FREE

Try this traditional yoga class that is practiced on a mat on the floor.

S E R V I C E S

Blood Glucose and Blood Pressure Checks, 10 am — July 22 and August 26. UNCG's School of Nursing provides free blood glucose and blood pressure checks on the 4th Wednesday of the month.

BP and Bingo, 9 am — August 18. Personal Care Inc. provides free blood pressure checks before bingo, every other month, beginning at 9 am.

Grief Support Group, 6 pm — July 6, 13, 27 and Aug 3, 10, 24, 31. Sponsored by Lambeth-Troxler Funeral Home, the support group is free and open to the public.

Hearing Loss Group, 6 pm — July 8 and August 12. Sponsored by the NC Division of Services for the Deaf and Hard of Hearing, the group is free and open to the public.

Hearing Screenings, 10 am — Aug 11. Hearing Solutions provides free hearing screenings on the 2nd Tuesday every other month. Call 373-7564 for an appointment.

Insurance Counseling — The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare options. An insurance counselor can meet with you by appointment at Smith Senior Center by calling 373-4816 ext. 253.

Legal Services, 10 am — July 2 and August 6. Legal Aid of NC provides free legal services to eligible seniors on the 1st Thursday of the month. Please call 398-1716 or 398-1731 for an appointment.

Osteoporosis Group, 1:30 pm — July 9 and August 13. The group meets the 2nd Thursday of the month to discuss awareness, prevention and creative management of this chronic illness. Facilitated by a Licensed Professional Counselor, the group is free and open to the public.

A. H. O. Y.

Add Health to Our Years

FREE low-impact aerobics classes for ages 55+

Summer Schedule through August 14

| | | |
|--|------------------|--------------------|
| Smith Senior Center 2401 Fairview St. | M, W, Th, S W | 9:15 am 5:30 pm |
| Lewis Recreation Ctr. 110 Forest Lawn Dr. | W | 9:15 am |
| Leonard Recreation Ctr. 6324 Ballinger Rd. | M, F | 10:30 am |
| Brown Recreation Ctr. 302 East Vandalia Rd. | Tu, Th | 9:15 am |
| Peeler Recreation Ctr. 1300 Sykes Ave. | Tu, Th | 10:30 am |
| Griffin Recreation Ctr. 5301 Hilltop Rd. | Tu, Sat | 10:30 am |
| Greensboro Sportsplex. 2400 16th St. | Tu, Fri | 9:15 am |
| Lindley Recreation Ctr. 2907 Springwood Dr. | Tu, Th | 2:15 pm |

T R I P S

Wytheville, VA Wednesday, July 29

We will depart Smith Senior Center at 9:30 am and return around 6:30 pm. We will have lunch and see the show, **Gospel Jubilee**, at Wohlfahrt Haus Dinner Theatre. The cost of the trip is \$55 per person, which includes transportation, show, lunch, tax and tip. Registration began June 26.

Smith Mountain Lake, VA Thursday, August 20

We will depart Smith Senior Center at 8:30 am and return around 5 pm. We will have lunch and enjoy a cruise aboard the Virginia Dare paddle boat. The cost of the trip is \$55 per person, which includes transportation, lunch, tax, tip and cruise. Registration begins **Friday, July 24 at 9 am.**

Wytheville, VA Wednesday, September 30

We will depart Smith Senior Center at 9:30 am and return around 6:30 pm. We will have lunch and see the show, **Seven Brides for Seven Brothers**, at Wohlfahrt Haus Dinner Theatre. The cost of the trip is \$55, which includes transportation, show, lunch, tax and tip. Registration begins **Friday, August 14 at 9 am.**

How to Register:

- Registration must be made in person at Smith Senior Center on or after the registration date
- Payment by cash or check is due at the time of registration
- A simple health form must be completed once a year
- You may register yourself and one other person as long as all paperwork is completed and payment is made
- Refund information is available at registration
- Seats on the bus are not assigned. Seating is first-come, first-served on the day of the trip.

CHAIR FITNESS CLASSES

These 30 minute classes are open to all skill levels.

| | |
|----------------------------|---------------------------|
| Mondays, 8:30 am | Better Balance |
| Tuesdays, 5:30 pm | Full Body/Strength |
| Wednesdays, 8:30 am | Better Balance |
| Thursdays, 8:30 am | Better Balance |
| Saturdays, 9 am | Arthritis |

Volunteer with Smith Senior Center and Serve Your Community

Honey Bee Helpers — Mondays 10 am-12 pm

A chapter of the Busy Bee Crafters of Greensboro, Inc., the group crochets, knits, and sews items for the clients/patients of Beacon Place, Hospice, Kids Path, and Women's Hospital.

SHIIP Insurance Counseling

Become trained as a volunteer counselor for the Seniors Health Insurance Information Program (SHIIP) and provide valuable information to Medicare beneficiaries and their caregivers about their Medicare options. For more information, please call Bob Boyd at 373-4816.



Smith Senior Center
2401 Fairview Street
Greensboro, NC 27405
www.greensboro-nc.gov/seniors
www.facebook.com/smithseniorcenter

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RETURN SERVICE REQUESTED

July / August 2015

If you would like to receive The Smith Sentinel newsletter or the AHOY schedule by email, please send an email to **jennie.matkins@greensboro-nc.gov** and request to be added to the “**Newsletter**” and/or “**AHOY**” email lists.

NEW & IMPROVED

Smith Senior Center has a newly paved parking lot that is handicapped accessible, and a new automatic front door! Thank you for your patience as these were being completed and installed.

Senior Fitness Testing and Analysis

Maintaining functional and safe mobility is the key to remaining independent. California State University, Fullerton, developed and validated a fitness test battery especially for older adults: the Senior Fitness Test. By evaluating your strength, flexibility, balance and mobility, we can determine how best to meet your fitness needs through a comprehensive training program guided by our fitness instructors.

To learn more about **Senior Fitness Testing** or sign up for analysis or a Fall Risk Screen Test, please contact **Joe Libera at 336-684-0500**, or visit him any Monday after his Better Balance class from 8:30-9:00 am to sign up for an assessment.